# Year 5/6 Essential Knowledge

## PSHE: Living in the wider world

## Health and wellbeing

How to keep mentally healthy

## Belonging to a community

- 1. How people make and change rules/laws
- 2. Everyone has rights:
- who decides what rights people have?
- children have their own set of human rights
- they are not always adhered to
- human rights should be protected
- we all have a responsibility to protect human rights

#### Media literacy and digital resilience

- 1. There are challenges and risks associated with social media
- how and why images online might be manipulated, altered, or faked
- how to recognise when images might have been altered
- how to recognise what is appropriate to share online
- 2. There are rules and laws relating to sharing things on line
- social media sites have age restrictions and regulations for use
- the reasons why some media and online content is not appropriate for children
- 3. Online content can be designed to manipulate people's emotions and encourage them to read or share things
- there are ways to report inappropriate online content or contact

#### Money and work

- 1. The role that money plays in people's lives:
- their job
- their social life
- the products they buy
- attitudes towards it and what influences decisions about money
- 2. The government takes money from what we earn:
- tax
- 3. How money can be lost
- how these put people at financial risk
- 4. How having or not having money can impact on a person's emotions, health and wellbeing:
- common risks associated with money, including debt, fraud and gambling
- how to get help if they are concerned about money